

ADHD Shared Medical Visits for Caregivers of Children & Youth

The Hamilton Family Health Team
Pilot Project
Canadian Collaborative Mental Health Care Conference 2015

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Disclosure



Dr. Peter Chu – none
Susan Dance – none
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ADHD Shared Medical Visits for Caregivers of Children & Youth



- What is a Shared Medical Visit (SMV)?
- Rationale for ADHD SMV
- Development and Implementation of the pilot
- Outcome and Lessons Learned

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Shared Medical Visit



- Access to HCP team
- Associate and connect caregivers who are experiencing similar issues
- Prevention, Intervention & Monitoring
- Improved care
- Increased patient satisfaction

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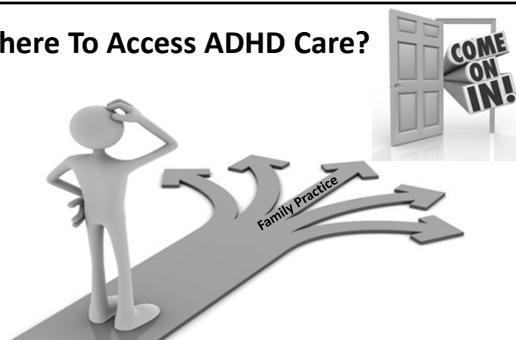
Shared Medical Visit



- Published studies look at group medical visits for patients with diabetes or other chronic physical illnesses such as asthma, heart disease, etc.
- For specific populations well-woman/well-baby care, older patients who are high utilizers of health care services, etc.
- 1 published study on SMV for ADHD
- <https://clinicaltrials.gov/ct2/show/NCT02145793>

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Where To Access ADHD Care?



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Rationale for ADHD SMV model



- Primary care is accessible
- Patients seeking care for ADHD
- Family Physician (FP) & Nurse interested in ADHD
- Increased demand on time (assessment, treatment and monitoring) at the family practice
- FP had access to support through centralized HFHT services (psychiatrist, C&Y Mental Health)

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Development Phase



- Create the Team - Family Physician, MHC, Nurse
- Identify patients at the practice with a diagnosis of ADHD
- Invite caregivers of patients to attend SMV
- Use SNAP IV – 18 questionnaires to monitor patient treatment
- Identify key topics

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Implementation



- Caregivers attend the session (8 Families)
- ADHD relevant topics for each session
- Caregivers bring completed SNAP IV – 18
- Questionnaires reviewed at visit by FP and Nurse
- 90 min. session – 3x per yr. (Oct., Feb., May)
- 1pm to 2:30 pm

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Session 1 – (May)



- 1.) Gather SNAP IV questionnaires and score
- 2.) Welcome, Introductions, Expectations
- 3.) Topics discussed
 - ✓ Planning for summer – structure, consistency, activity, sleep, medication
 - ✓ Parents self-care – how to have a plan and build in breaks to recharge battery
 - ✓ Social Skills – encouraging the development of SS throughout the summer (play dates, summer camp/programs)

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Session 2 – (Oct.)



- 1.) Gather SNAP IV questionnaires and score
- 2.) Welcome, Introductions, Expectations
- 3.) Topics discussed:
 - ✓ School Success – how to advocate for your child
 - ✓ Communication – establishing a 2 way communication plan with the school
 - ✓ Understanding the role of IEP's and accommodations

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Session 3 – (Feb.)



- 1) Gather SNAP IV questionnaires and score
- 2) Welcome and updates
- 3) Topic:
 - ✓ A review of the treatment guidelines for ADHD
 - ✓ Helping your children develop positive relationships with friends, teachers, caregivers
 - ✓ How to support your children to be successful in extra-curricular activities

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Resources



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- SNAP IV – 18 Questionnaire
- ADHD Patient Resource Binder
- Web and book resources <http://www.shared-care.ca/page.aspx?menu=65&app=250&cat1=612&tp=2&lk=no>
- Community information/navigation resources

Patient Feedback/Evaluation



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- Patient feedback questionnaires
- Encouraged verbal feedback and input at each session
- Patient feedback on an individual basis when talking with HCP during routine health care visit

Lessons Learned



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- Patient feedback to be collected after each SMV
- High degree of satisfaction reported at 1st visit
- Group membership varied over the year
- Requires dedicated HCP team
- Developed an ADHD tracking system for yearly monitoring




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- Sustainability of the pilot
- Expansion of the ADHD SMV model
- Building capacity and professional development to support expansion

"The solution of adult problems tomorrow depends in large measure on the way our children grow up today. There is no greater insight into the future than recognizing when we save our children we save ourselves"



Margaret Mead



Thank You

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